



**Austin Cole, MD**

## **Turf Toe Fixation**

### **Post-Operative Protocol**

#### **Orthotic Progression**

Days 0-7 post-op splint in 10-20 degrees Plantarflexion

- Isometric and open chain activity for quadriceps, glutes, hamstrings

Week 2-4 : NWB in Boot

- Continue open chain strengthening
- PROM and AROM of ankle week

Week 5-6: progressive WBAT in boot

- Gait training as tolerated
- Closed-chain LE strength
- AROM of MTPs
- Toe yoga
- 4 way ankle with resistance

Week 6: carbon insert

- All activities should be performed with carbon insert
- Continue progressive resisted activities
- Proprioception

Week 16: wean out of carbon insert

- Slowly incorporate 1<sup>st</sup> MTP extension and sport-specific activities

#### **Return to run program**

1. 12 weeks post-op, unless cleared by Dr. Vopat
2. 5/5 strength in all planes

#### **Return to Sport Eligibility**

1. 50° - 60° painless passive Dorsiflexion
2. 12-16 weeks post-up, unless cleared by MD

## **Return to Sport Activity**

Incline Walking - at least 3% grade

Reverse Lunges and lunge lift-offs

Triple Extension

Sled-pushes

POGOs

Heel raise progression

- DL Concentrics
- DL eccentrics
- SL concentrics
- SL eccentrics

Advanced proprioception activities

Plyometric and jumping – sports specific